Dinner Salad w/Fr Dr50

Number of Servings: 50 (165.8 g per serving)

Ar	nount	Measure	Ingredient
	3.00	gal	Salad, Field Greens
	6.00	cup	Nuts, almonds, sliced
2	250.00	ea	Tomatoes, red, cherry, fresh, year round a
	3.00	cup	Salad Dressing, French, creamy, light

Servings Per Container	Nutri Serving Size		ı Fa	cts
Calories 130			ner	
Saturated Fat 0g				
Total Fat 9g	Calories 130	0 Cal	lories fror	n Fat 80
Saturated Fat 0g			% D:	aily Value*
Trans Fat 0g	Total Fat 9g			14%
Cholesterol Omg	Saturated	Fat 0g		0%
Total Carbohydrate 12g 4%	Trans Fat	0g		
Dietary Fiber 4g	Cholesterol	0mg		0%
Dietary Fiber 4g	Sodium 160	lmg		7%
Sugars 6g Protein 4g Vitamin A 50% • Vitamin C 20% Calcium 4% • Iron 6% Percent Daily Values are based on a 2,000 caloric dist. Your daily values may be higher or lower depending on your calorie needs: Calones: 2,000 2,500 Total Fat Less than Salurated Fat Less than Salurated Fat Less than Cholesterol Less than Less than Less than Less than Salurated Fat Salurated	Total Carbo	hydrate	12g	4%
Protein 4g Vitamin A 50% • Vitamin C 20% Calcium 4% • Iron 6% Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: Calonies: 2,000 2,500 Total Fat Less than Salurated Fat Less than Solum 2,400mg 300mg Cholesterol Less than 2,400mg 2,400mg Fotal Carbohydrate 300g 375g 375g	Dietary Fi	ber 4g		16%
Vitamin A 50% Vitamin C 20% Calcium 4% Iron 6% *Percent Daily Values are based on a 2,000 caloris field. Your daily values may be higher or lower depending on your caloris needs:	Sugars 6g	1		
Calcium 4% • Iron 6% *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	Protein 4g			
Calcium 4% • Iron 6% *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	Vitamin A EC	v9/ -	Vitamin I	200/
Percent Daily Values are based on a 2,000 caloris diet. Your daily values may be higher or lower depending on your caloris needs:				5 20%
diet. Your darfy values may be higher or lower depending on your calorie needs: 2,000 2,500 Calories: 2,000 2,500 Total Fat Less than 65g 80g Saturated Fat Less than 20g 25g Cholesterol Less than 300mg 300mg Sodium Less than 2,400mg 2,400mg Total Carbohydrate 300g 375g	Calcium 4%	•	Iron 6%	
Calories: 2,000 2,500 Total Fat Less than 65g 80g Saturated Fat Less than 20g 25g Sodium Less than 300mg 300mg Sodium Less than 2,400mg 2,400mg Total Carbohydrate 300g 375g	diet. Your daily v	alues may b	be higher or	
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Cholesterol Less than 300mg 300mg Sodium Less than 2,400mg 2,400mg Fotal Carbohydrate 300g 375g	Total Fat			
Sodium Less than 2,400mg 2,400mg Total Carbohydrate 300g 375g				
Total Carbohydrate 300g 375g				
			25g	30g

Nutrients per serving

Instructions

Place 1 cup washed field greens on each salad plate. Sprinkle each salad with 2 T almonds and 5 cherry tomatoes.

Drizzle each with 1 T creamy, light French Dresssing.

Each salad with dressing = 1 CS

Food Handling:

- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.
- Single gloves should be used for only one task and then discarded.
- Wash raw fruits and vegetables before using them in food preparation.

Holding:

- Hold for cold service at an internal temperature of 41 F or lower.

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